

THE PRICE OF AUTISM

FOR CHILDREN WITH AUTISM, EXPENSIVE THERAPY MAKES ALL THE DIFFERENCE. BUT FUNDING SHORTFALLS AND TREATMENT DELAYS ARE LEAVING THEIR PARENTS IN DEBT AND LOOKING FOR ANSWERS

PAGE 8

Learn how modernizing OLG can benefit you. Visit [ModernOLG.ca](#)



Lotto MAX Friday's Jackpot

\$50 MILLION estimated

PLUS MAXMILLIONS

25 EXTRA estimated

\$1 MILLION PRIZES

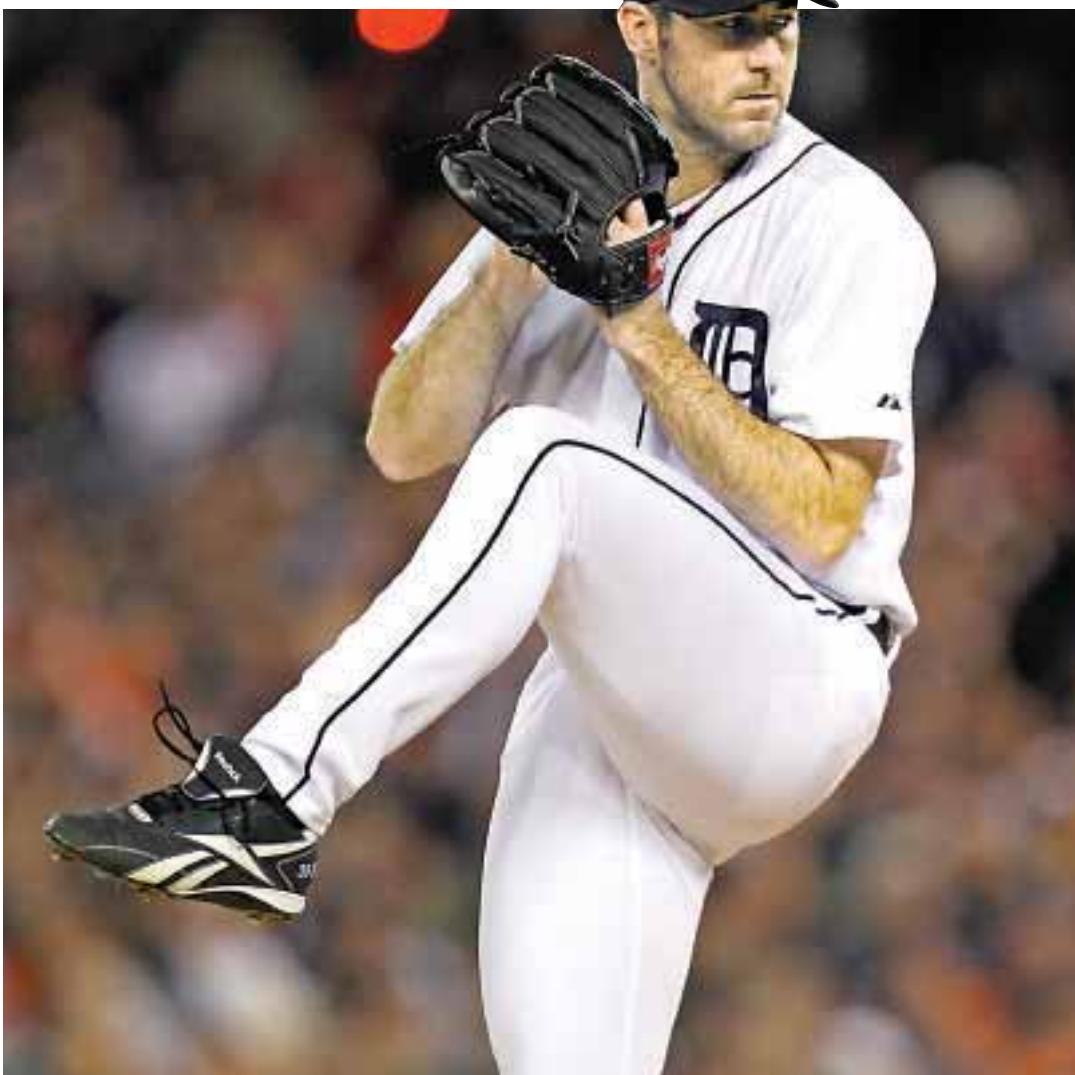
LONDON

metro®

[metronews.ca](#) | [twitter.com/themetrolondon](#) | [facebook.com/themetrolondon](#)

Wednesday, October 17, 2012

Recycle News worth sharing.



Tigers ride Verlander AGAINST YANKEES

Detroit Tigers starter Justin Verlander fires a pitch against the New York Yankees on Tuesday during the pivotal Game 3 of the American League Championship Series at Comerica Park in Detroit. Results weren't available at press time. To find out who won, go to [metronews.ca](#). For more sports, go to pages 20 and 21.

GREGORY SHAMUS/GETTY IMAGES

Queen's Parked

Prorogation.

Opposition wants MPPs recalled ASAP

The opposition is fuming at the prospect of seeing the Ontario legislature sit dark for months while Liberals pick a new leader to replace Dalton McGuinty.

The Tories and NDP accuse McGuinty of putting his party's interests before the public's by proroguing, and say the legislature should be allowed to do its work.

The Liberals needed the legislative break not to pick a new leader, but to avoid "facing the music" at public hearings into their decision to cancel two power plants to save Liberal seats, at a cost to taxpayers of at least \$230 million, NDP Leader Andrea Horwath said.

"Once again this is about the Liberals and what they think is best for them instead of what's best for the people of Ontario," Horwath said.

Progressive Conservative Leader Tim Hudak said he could see McGuinty no longer had "the fire in his belly" for government, and attacked the premier for "shutting down" the legislature.

"Dalton McGuinty walking off into the sunset was no surprise," he said. "What does surprise me is that he's decided to cancel the legislature. He decided to lock the place up."

McGuinty said he adjourned the legislature to allow for a "cooling-off period" to give the Liberals time to negotiate with unions and the opposition parties on a wage freeze for nearly 500,000 public-sector workers.

Federal Liberal race

Trudeau welcomes competition

Liberal leadership hopeful Justin Trudeau says he would welcome the entry of Ontario Premier Dalton McGuinty into the race to lead the federal party.

Trudeau said Tuesday in Halifax that he didn't want to speculate on McGuinty's plans. He said McGuinty has served his province and country well and would add to what he insisted will be "a strong and robust leadership race." **THE CANADIAN PRESS**

"We're going to make a sincere and determined effort to sit down with our labour partners and see if we can negotiate wage-freeze agreements," he said.

But the Canadian Union of Public Employees called the prorogation an affront to democracy.

"The premier is trying to duck a scandal of his own making," said CUPE Ontario president Fred Hahn. "He and his colleagues should have the strength of character to stand in the legislature and face the music over their costly attempt to buy votes by cancelling electricity plant contracts."

THE CANADIAN PRESS



Delivering the goods to 'Champions' who impact downtown

Bob Usher, president of London Downtown Business Association Board, speaks to a room of about 100 associates at the 2012 LDBA and Downtown London Annual General Meeting, which was held at the London Convention Centre on Tuesday. Along with networking and speeches, Champions Awards — given out to people and organizations who make a dramatic impact on the downtown — were presented. This year's recipients are: Eddy Phimpharachanh from Thaifoon and Lavish, Nicholas Sheffield Architects Inc., David E. White Clothier, and The London L.A.W.N. Task Force. JOHN MATISZ/METRO

Will 'business sense' bring more bucks?

City as corporation.

Director says new approach to sale of assets could be worth it



ANGELA MULLINS

angela.mullins@metronews.ca

City administrators are exploring the idea of creating an arms-length corporation to get the most from the sale of city assets, like land bought by developers.

Harvey Filger, director of corporate investments and partnerships, said such a corporation could operate something akin to London Hydro — a separate entity with the

city as stakeholder — or the London Economic Development Corp.

On its face, Mayor Joe Fontana is a proponent of the idea, saying he wants to hear more.

"It seems to me that the city should always prepare itself in a way that you're never going to loose an opportunity, that we're ready to move fairly quickly."

Cutting through red tape that can stall projects inching through municipal channels would be a key benefit of creating a corporation, Filger said.

"It brings a businesses sense to the table," he said. "The idea is if you have a corporation, you're able to act in a much more nimble way."

Solid return on investment can come through a variety of

strategies, Filger said, including ensuring that land has infrastructure ready for interested buyers.

Redevelopment of the former Victoria Hospital campus on South Street is a project that might benefit from such an approach, Fontana suggested during a Tuesday investment and economic prosperity committee meeting.

A plan outlining zoning and design guidelines for portions of the property could be ready for councillors' hands early next year, Jim Yanchula, manager of community planning and urban design told committee members.

A detailed report about the status of all the project's pieces will be presented in the coming months, Yanchula said.

A possible model

- **Example.** Administrators are looking at Build Toronto as an example of how a corporation for optimizing the sale of city assets might work.

- **Redevelopment.** Build Toronto was created in 2009 as a way to keep the city competitive, partially through redeveloping neighbourhoods.

- **Partnership.** The entity partners with the public and private sectors. The city is its sole shareholder.

Psychiatric assessment

Child-beating suspect has court date

The 24-year-old Londoner charged in a Sept. 9 attack at the Child and Parent Resource Institute will be back in court Wednesday.

Greg Simard's criminal case has been on hold since his lawyer, Gord Cudmore, and the Crown requested he have a psychiatric assessment on Sept. 19.

Police arrested Simard on Sept. 10, the day after a 12-year-old CPRI resident was found beaten in a wooded area on the facility's property. He's charged with attempted murder, uttering threats, forcible confinement, and assaulting police.

The victim remains in hospital, listed in fair condition, police said Tuesday.

METRO

Shooting

3rd arrest in Terrell Johnson death

A Kitchener man wanted in the shooting death of Terrell Johnson at Richmond and King streets last month has been arrested.

Darrien Hinkson-Harris, 21, was arrested for second-degree murder, aggravated assault, and various firearm offences. His lawyer contacted Toronto police to facilitate his arrest.

Johnson, 21, of London was killed and a 28-year-old Londoner injured when gunfire erupted about 3:10 a.m. on Sept. 30.

Dominique Mossel, 20, and Joshua Carter, 22, both of London, were previously charged with second-degree murder. METRO

LASIK MD
VISION

**LASIK NOW,
PAY IN 2014!†**

\$ 0 0 0 %
DOWN PAYMENTS INTEREST
LIMITED TIME OFFER!



Dr. Richard Bains
MD, FRCSC

Dr. David Johnson
MD, FRCSC

LASIK MD doctors have performed over 750,000 procedures

LASIK starting at \$490/eye* • All-Laser LASIK Available • FREE Consultation: 1-855-895-2020 • lasikmd.com

Prices are subject to change without prior notice and vary based on prescription strength.
*Applies to surgery on Aug. 1, 2013, for patients 18 years of age and older. Subject to availability.
†Offer valid for patients 18 years of age and older. Patients must be seen by Feb. 28, 2013 in order to be eligible. Applicable to Custom LASIK on both eyes only. Cannot be combined with any other offer.

GAME ON SALE

0% FOR UP TO 84 MONTHS PLUS UP TO \$7500 OFF

ON SELECT MODELS



The all-new
2013 SANTA FE
has arrived!

BONUS!
CURRENT HYUNDAI
OWNERS SAVE
AN EXTRA \$750!

0.9%
AVAILABLE

\$27,999 **\$196**

TAXES INCLUDED

BIWEEKLY
WITH
\$0 DOWN
2.99%
84 months

- 6 speed automatic transmission
- Air conditioning • ABS brakes
- Power windows & locks
- Tilt • Cruise control • Fog lights
- AM/FM CD with ipod and MP3
- Bluetooth • 7 airbags
- Stability control • Traction control
- 17 inch alloy wheels
- PLUS** • 5 Year Warranty!!

ALL 2012'S MUST BE SOLD!



\$7,000
OFF

2012 HYUNDAI
GENESIS SEDAN

\$272
TAXES INCLUDED
BIWEEKLY WITH \$0 DOWN
2.99% • 84 months



3
IN STOCK

2012 HYUNDAI
SONATA HYBRID

\$179
TAXES INCLUDED
BIWEEKLY WITH \$0 DOWN
1.96% • 84 months



\$7000
OFF

2012 HYUNDAI
VERACRUZ AWD

\$214
TAXES INCLUDED
BIWEEKLY WITH \$0 DOWN
2.99% • 84 months

The loaded luxury sedan that surprises everyone that drives it. Loaded premium package.

Save at the pumps with the gorgeous Sonata Hybrid, loaded with options and you save big at the pumps!

The spacious 7 passenger SUV is sure to seat any size family loaded with options and a V6 engine.

HUGE DEALS on 2013's!



10 IN STOCK

2013 HYUNDAI
ACCENT GL SEDAN

Nicely loaded with power option group, A/C, 5 year warranty and more.

\$113
BIWEEKLY
\$0 DOWN
1.79% • 84 months



22 IN STOCK

2013 HYUNDAI
ELANTRA GL SEDAN

It's easy to see why Elantra was car of the year with power option group, automatic, A/C, 5 year warranty and more.

\$134
BIWEEKLY
\$0 DOWN
0.99% • 84 months



40 IN STOCK

2013 HYUNDAI
ELANTRA 5 GT

It's the new sporty 5 door hatch loaded with power option group, A/C, driver adjustable steering, 5 year warranty and more.

\$134
BIWEEKLY
\$0 DOWN
0.99% • 84 months



24 IN STOCK

2013 HYUNDAI
SONATA GL SEDAN

The stunning mid-size sedan that has everyone talking. Equipped with power option group, A/C, automatic, great mileage, 5 year warranty and more.

\$159
BIWEEKLY
\$0 DOWN
0% • 84 months



16 IN STOCK

2013 HYUNDAI
TUCSON GL SUV

The perfect size SUV. Nicely equipped with power option group, A/C, automatic, great mileage, 5 year warranty and more.

\$169
BIWEEKLY
\$0 DOWN
0.9% • 84 months

ALL PAYMENTS INCLUDE ALL TAXES!



HYUNDAI
Finch

finch HYUNDAI

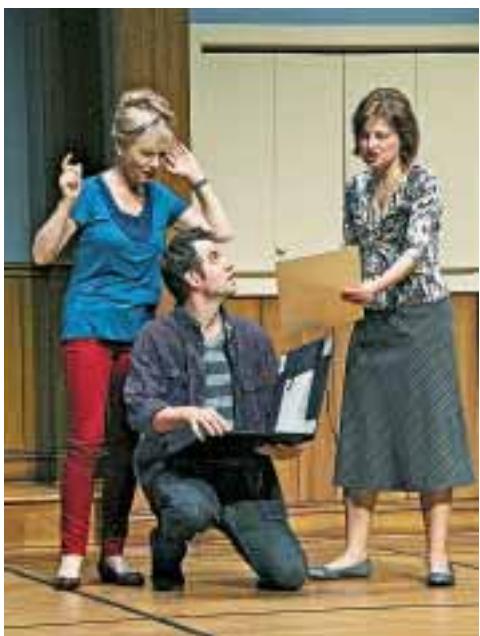
300 SOUTHDALE ROAD
email:hyundai@seefinchfirst.com

1-888-261-7471

www.seefinchfirst.com

*Vehicles are not exactly as depicted, sale price includes vehicle, down and freight, to each 30 areas. No plan HST extra. Payments include fees, and are GST included. LAC and taxes, fee extra. Prices may be listed and are DRC. Eg. 2013 Accent is \$15,000. Payments at 1.79% over 84 months is \$224.31. Prices and rates subject to change.





Calendar Girls gets the picture

Brigitte Robinson, left, Andy Pogson and Helen Taylor portray Chris, Lawrence and Annie, respectively, in a scene from *Calendar Girls* at The Grand Theatre. The show continues through Nov. 10, telling the true story of women who pose for risqué calendar photos in hopes of helping their community. Visit grandtheatre.com for showtimes and ticket information. ANGELA MULLINS/METRO

Methadone clinic proposal. Councillors to field comments

People can weigh in at 7 p.m. Wednesday on a proposed methadone clinic in Old South.

Council's planning committee has called a special meeting at Centennial Hall to hear comments on a request to rezone property at 425 Wharncliffe Rd. S., currently the site of a used car lot.

If the zoning request is granted, it would pave the way for Ontario Addiction Treatment Centres to open a clinic. The company operates nearly 50 methadone clinics across the country. This would

Community meeting

270

About 270 people attended a September community meeting, led by the city, to get more information about OATC's plan. Many cited potentials for increased crime and lower property values as concerns about the proposal.

be their first in London.

Any action taken Wednesday by the planning committee won't be final until it's considered by full council.

ANGELA MULLINS/METRO

London T-shirt business encourages students to get creative to end bullying

Design a slogan.

Contest supports International Day Against Bullying



JOHN MATISZ

john.matisz@metronews.ca

As a teen, Bobbie Jo Reid was bullied.

She was abused, physically and verbally, humiliated simply because she was an "easy target" as the new kid after moving from Toronto to St. Catharines and having to switch schools.

Three decades later, Reid's past encounters with bullying aren't what fuels a cross-country campaign she is spearheading.

Instead, it's the confidence she has harvested since.

"It affected my self-esteem," said Reid, a Londoner now. "It affected my identity. It took me a long time to come around and like the person that I am."

In June, she founded a T-shirt-making business called My Evolution. It focuses on printing self-acceptance and globally tolerant messages on its products.

Two weeks ago, My Evolution teamed up with Jer's Vision — an organization with the mandate of eliminating bullying, homophobia and transphobia — to launch a T-shirt design competition in support of International Day Against Bullying (also known as Day of Pink) on April 10, 2013.

The contest, which has a flexible entry deadline of Nov. 2, asks middle and high school students to submit an

Message of tolerance

How to participate in the Day of Pink T-shirt design contest:

- Visit facebook.com/myevolutionthreads.
- Post a slogan promoting global tolerance on the group's wall.
- Check back to see if you made the top 10 entries.
- Get your friends to vote for your entry.

appropriate slogan to be used on the shirts. The winning phrase will be pressed on pink shirts to be distributed within participating schools across Canada.

"With Amanda Todd's suicide, I see the kids pouring out their hearts," Reid said. "They're very creative about it, and I know there's kids out there that are passionate about this."

Todd's heartbreaking story has been a popular news item since the 15-year-old committed suicide last Wednesday. A self-made YouTube video that chronicles the B.C. native's struggles with depression and anxiety in the wake of bullying has gone viral.

On a positive note, the video has restarted public conversation about the harsh realities of bullying.

And although the Day of Pink T-shirt campaign was in the works before Todd's passing, the founder of My Evolution hopes they can continue to build off the momentum built around anti-bullying.

"We are all different, if



Bobbie Jo Reid of London is founder of the My Evolution clothing line. Her company has partnered with non-profit Jer's Vision to raise awareness about anti-bullying through a T-shirt design contest. JOHN MATISZ/METRO

we allow ourselves to be who we are. That's the message I'm trying to send," Reid said. "Even if you're kind of quirky, different, weird — totally embrace it."

Proceeds raised through

the contest will be directed to Jer's Vision, as well as the winner's school.

Follow John Matisz on Twitter @Metro_JMatisz



Looking for sales training that's more effective than a quick-fix seminar?

You've found it:

DAVE & STEWART LEBERT 519.690.0257

Backed by training offices in more than 25 countries, Sandler Training is the only training organization that offers the constant support, guidance and reinforcement that leads to ongoing change and growth. You won't fail because we won't let you. www.swpd.sandler.com

 **Sandler Training**
Finding Power In Reinforcement®

NEWER AND BETTER!

Check out our online
items for 50% off!

BUY NOW AND SAVE 50%

ON ALL ITEMS

FOR A LIMITED TIME ONLY! HURRY!



Wedding Photography Package

**BUY NOW
FOR
\$150.00**

Good for a full, customized photoshoot including on-site shooting and all photo editing!
Also included is a FREE consultation between Clarke Photography and the winning bidder to determine site, scope of shoot, goals, ideas and ultimately expected outcome!

Clarke Photography blends colour with black-and-white for a fully embraced high dynamic range. The cross-light Rembrandt effect is still one of the most appealing ways in which they shoot a portrait!

Register and buy this package and more at www.metroauctions.ca!

OTHER PARTICIPANTS INCLUDE...



**BUY
NOW!**

METROAUCTIONS.ca

metro

London and area residents only.

Guantanamo tribunal

9-11 suspects stage a boycott

Three of the five men charged with plotting the Sept. 11 attacks skipped their military tribunal hearing Tuesday after a judge ruled they could not be forced to attend the session.

Khalid Sheikh Mohammed, the self-professed 9-11 mastermind, was one of those absent in Guantanamo Bay, Cuba.

THE ASSOCIATED PRESS

Exit visas gone

Now Cubans get a ticket to ride

Cuba is eliminating a half-century-old rule requiring citizens to get an exit visa to leave the country.

"What we are doing is not just cosmetic," said Col. Lamberto Fraga, deputy chief of immigration.

From Jan. 14, Cubans will only have to show their passport and a visa from the country they are traveling to.

On the streets of



A woman displays family passports at a Havana immigration office on Tuesday. THE ASSOCIATED PRESS

Conservatives courted

Legal pot is right, say right-wingers

Campaigns to legalize marijuana for recreational use in three U.S. states are courting conservatives.

Most Republicans oppose making pot legal in Colorado, Oregon and Washington.

But a handful of conservatives have signed on, including former presidential hopefuls Tom Tancredo and Ron Paul.

THE ASSOCIATED PRESS

Mulcair to meet her

Marois hits feds' foreign policy

Quebec Premier Pauline Marois laced into Canada's foreign policy Tuesday.

"Canada's current foreign policy corresponds to neither our values nor our interests," she told a Paris think-tank.

Meanwhile, opposition leader Thomas Mulcair said he will meet with Marois in Montreal on Friday. THE CANADIAN PRESS

Trial Jeers for 'mild, tolerant' Karadzic

Former Bosnian Serb leader Radovan Karadzic cast himself as a "mild man, a tolerant man" as he opened his defence Tuesday in his long-running genocide trial.

He said he tried to prevent fighting and then worked to reduce casualties in the bloody 1992-95 Bosnian war.

His words sparked snorts of derision and cries of "He's lying! He's lying!" from Muslim survivors of the war who were watching from the public gallery in The Hague, Netherlands.

Karadzic, 67, faces charges including genocide and crimes against humanity. He was given 90 minutes to speak on his role in the war that left about 100,000 dead.

The statement was not made under oath, meaning Karadzic could not be cross-examined by prosecutors.

Karadzic, a former psychologist and poet, told judges he was a "physician and literary man" who was a reluctant player in the violent breakup of Yugoslavia.

He also said some of the worst atrocities of the war, including two deadly shelling attacks on a Sarajevo marketplace in 1994 and 1995, were "orchestrated" to turn public opinion against Serbs.

Karadzic said Sarajevo was his adopted home and that "every shell that fell on Sarajevo hurt me personally."

His wartime military chief, Gen. Ratko Mladic, is also on trial in The Hague, facing the same charges. Both men face a maximum sentence of life imprisonment if convicted.

THE ASSOCIATED PRESS

New fears for young Taliban foe

Two suspicious visitors.

U.K. police quiz pair amid threats by militants to attack Pakistani girl again

New dangers confront a hospitalized Pakistani teenager shot by the Taliban.

British police have questioned two people who tried to visit Malala Yousufzai, 14, at a Birmingham hospital.

The development raised fears about her safety following pledges by the Taliban to make another attempt on her life.

Malala was shot in the head by the Taliban last week as she was returning home from school in Pakistan.

She was airlifted Monday to Britain to receive specialized medical care and protection from follow-up attacks threatened by the militants.

Medical Director Dr. Dave Rosser of the Queen Elizabeth Hospital in Birmingham stressed Tuesday that security was "under control" at the hospital.

He said several people had turned up at the hospital claiming to be the girl's relatives but didn't get very far.

Malala was targeted by the Taliban for promoting girls' education and criticizing the militant group's behaviour when it took over the scenic Swat Valley where she lived.

The Taliban has threatened to target Malala until she is killed because she promotes "Western thinking."

THE ASSOCIATED PRESS



The word the voters want

Truth. It was what millions of television viewers hoped to hear Tuesday night in the high-stakes debate between U.S. President Barack Obama and Republican presidential candidate Mitt Romney — their second. Here, students stand near a display on the site of the crucial encounter — Hofstra University in Hempstead, N.Y. For the full story on who said what, and how, click on metronews.ca. ERIC GAY/THE ASSOCIATED PRESS

BREAKING LOCAL NEWS

AM980

NEWS TALK SPORTS

CRIME SCENE - DO NOT CROSS

www.am980.ca



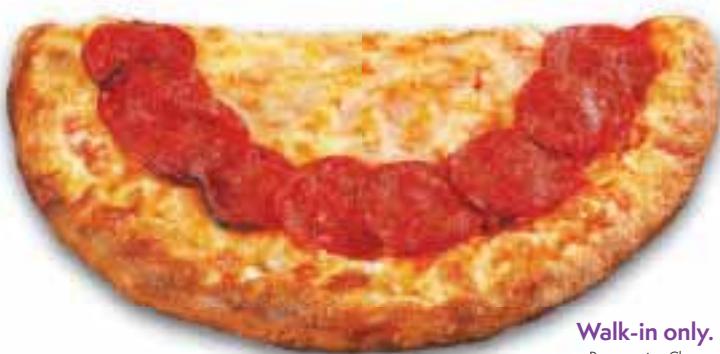
Slices for Smiles!

ONE MONTH ONLY
OCT. 15th – NOV. 11th!

Thanks to your generous support, we have raised over **\$1,000,000** with our Slices for Smiles Foundation! Proceeds will be donated to:



Children's
Miracle Network



10" HALF SIZE
PEPPERONI
SMILE PIZZA **\$2**

Walk-in only.
Pepperoni or Cheese
pizzas only. Limit 4 per
person. Taxes extra.

MEDIUM Pepperoni
Pizza
\$4.99

Walk-in only.
Pepperoni or Cheese
pizzas only. Limit 4 per
person. Taxes extra.



Hot & Fresh
PIZZA PIZZA®

CALL, COME IN OR CLICK TO ORDER: www.pizzapizza.ca

London: (519) **667-11-11**

Some restrictions apply. Taxes extra. Coupons not applicable to these offers. Offers valid from October 15th to November 11th, 2012, unless otherwise noted. Offers subject to expire without notice. Registered trademarks of Pizza Pizza Royalty Limited Partnership, used under license. © Pizza Pizza 2012. 0013771

Autism: 'We know the little boy that's in there'



Anne Rahming credits intensive behavioural intervention with the steady progress made by her son, Mića Jovanović. Mića, who turns five next month, has a severe form of autism. MIKE CARROCETTO/FOR METRO

Part 1 of a three-part series. 1,417 children are receiving intensive behavioural intervention in Ontario, while 1,702 wait for therapy

 ALEX BOUTILIER
Metro in Ottawa

"Duck."

Mića extends his hand as his therapist, Kristina Dunbar, presents him with a small plastic duck, which promptly joins others in the toy pond at their feet.

It's a simple, one-syllable request. But for Mića, that would not have been possible only a year and a half ago. This kind of therapy — intensive behavioural intervention, or IBI — was how he learned to talk.

Four-year-old Mića Jovanović was diagnosed with severe autism spectrum disorder at the age of three. Before that, he had difficulties with his hearing, which led his family to seek a diagnosis.

"We weren't expecting a severe diagnosis. We were

Coming to terms with autism

"We had all the same preconceived notions that everybody else has about autism. We were like, well, he's really smart and he's figuring out ways to get his point across. Well, you know there are a lot of kids that have autism that are actually really smart."

Anne Rahming on her son, Mića, who has severe autism spectrum disorder

expecting him to be sort of middle of the spectrum," Mića's mother, Anne Rahming, said.

"When (the doctor) explained to us that it was severe, we were bowled over. It was a very quiet drive home."

At the time, Mića was assessed as having the understanding of a six-month-old. He turns five next month, and is now assessed at a three-year-old's level. Rahming credits IBI for his progress.

But the therapy is expensive, and the regional waiting lists for provincial subsidies are long. If Rahming and her family waited the average two years for funding before getting treatment, Mića would have missed the crucial window when IBI is most effective.

So, while waiting for funding, they paid out-of-pocket

from March 2011 to August 2012. The bill was \$80,000. In August, they ran out of money for Mića's therapy.

In frustration, Rahming turned to the Ministry of Children and Youth Services, which grants IBI funding to regional providers, who in turn deliver it to parents. She also went to the media.

"After I decided to get the minister's office and reporters involved, surprisingly money emerged," she said.

That money — which still doesn't cover the full cost of the therapy — means Mića can remain at the Portia Learning Centre in Kanata, a private clinic in Kanata, just southwest of Ottawa.

For Rahming, it's the difference between Mića interacting with the people in his life or living inside his head.

"We know the little boy that's in there," she said.



Mića Jovanović plays with therapist Kristina Dunbar at the Portia Learning Centre in Kanata, a suburb of Ottawa. MIKE CARROCETTO/FOR METRO

Next up

- Part 2 (Thursday):** The politics of autism, including the long wait list for treatment and funding process.

- Part 3 (Weekend):** Public-

service providers and their role in providing funding for treatment of autism.

- On the web:** Follow the series online at metronews.ca.

Diagnosis

What is autism spectrum disorder?

- One in 100 Canadians has autism spectrum disorder (ASD). It is one of the most prevalent developmental disabilities.
- ASD affects development of the brain in the area of social interactions and communication skills.
- The disorder manifests in different ways in a spectrum that runs from mild to severe. Autism Ontario says it can result in repeated body movements, unusual responses to people, attachments to objects or resistance to changes in routine.
- On the severe end, it can also lead to aggressive or self-injurious behaviour.
- Autism Ontario estimates that 100,000 Ontarians have ASD.

Treatment

What is intensive behavioural intervention?

- Intensive behavioural intervention (IBI) is a therapy for children with autism. Its aim is to help them develop a connection to the outside world.
- In one-on-one therapy, or in a small-group setting, children work with therapists to learn words and their use — to ask for things, and to verbally interact with the people and things around them.
- The treatment is typically most effective between the ages of three and five.

- According to the Ontario Ministry of Children and Youth Services, funding for IBI reached \$115.8 million in 2011-12.
- Across Ontario, 1,417 children are receiving the therapy, while 1,702 are on the waiting list for funding.



Loblaw shelves 700 head-office jobs

A Loblaw employee brings in shopping carts in Toronto in this file photo. Loblaw Co. Ltd. says it's cutting about 700 jobs, mostly management and administrative positions at its Toronto-area head office, in a move the grocery retailer says will reduce costs and improve efficiency. THE CANADIAN PRESS FILE

iPhone maker dismisses underage factory interns

China. Labour rights group says Foxconn and vocational schools are both to blame for use of students under 16

The company that manufactures Apple's iPhone said Tuesday it found underage interns as young as 14 working at one of its factories in China.

Foxconn Technology Group said the interns were found by a company investigation at its factory in the eastern city of Yantai and were sent back to their schools. China's minimum legal working age is 16.

Foxconn, owned by Taiwan's Hon Hai Precision Industry Co., said it was investigating with schools how the interns were

sponsibility for these violations rests with our company and we have apologized to each of the students for our role in this action," Foxconn said in a statement. "Any Foxconn employee found, through our investigation, to be responsible for these violations will have their employment immediately terminated."

Foxconn produces iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. The company gave no indication what products were made in facilities where the interns worked.

A labour rights group, China Labor Watch, said in a statement that primary responsibility lay with schools involved but "Foxconn is also culpable for not confirming the ages of their workers." THE ASSOCIATED PRESS

Market Minute	
	DOLLAR 101.34¢ (-0.70¢)
	TSX 12,407.70 (+177.74)
	OIL \$92.09 US (+\$0.24)
	GOLD \$1,746.30 US (+\$8.70)
Natural gas:	\$3.44 US (-5¢)
Dow Jones:	113,551.78 (+127.55)

sent to its factory. It didn't say how many underage interns it found.

"We recognize that full re-



Hormonal Breakouts? Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. **EstroSense** also provides Turmeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

All of the above ingredients can be found in **EstroSense**, an excellent product for balancing hormones and providing liver support for naturally healthy skin from the inside out!

So much easier being a girl... Like most people, I too, struggle with acne... One problem I have particularly struggled with has been my jaw line and back... That's when **EstroSense entered my life and changed it for the better... After the first 3 months, my back and jaw breakouts have diminished significantly. On top of it, virtually all my PMS symptoms have almost disappeared... it's so much easier being a girl now. Beauty Blogger Ellie S.**

Ask for
EstroSense
at your local
Health
Food Store



"I recommend EstroSense® to patients in my practice"

- Dr. Marita Schauch, BSc, ND (Sidney, BC)



GUARANTEED TO WORK!



COUPON \$2 OFF **EstroSense®**
ANY SIZE

Only at your local Health Food Store

MANUFACTURER COUPON - TO THE RETAILER: For redemption, mail to:
Preferred Nutrition, 153 Perth Street, Acton, ON L7J 1C9 Expiry: December 31, 2012 Code: 05-089

Preferred Nutrition PNO.CA

CUSTOMER SIGNATURE
REQUISITE FOR VALIDATION

CURATING CANADIAN CONSERVATIVES



JUST SAYIN'
Paul Sullivan
metronews.ca

The Canadian Museum of Civilization is being rebranded.

Now it's going to be the Canadian Museum of Our Own Backyard. Er, the Canadian Museum of History.

That old mandate: "To increase, throughout Canada and internationally, interest in, knowledge and understanding of and appreciation for human cultural achievements and human behaviour...?"

That's over. It's time to turn our gaze ... inward.

The feds are going to spend \$25 million to teach us Canadian history, no doubt because we weren't listening the first time in Grade 8.

Instead of that civilization malarkey, we'll gather all our national clichés in one convenient location: The Last Spike, Maurice Richard's hockey sweater (le pew!), and the gag reel from This Hour Has 22 Minutes. OK, so I made that last one up. But talk about historical significance.

According to the usually informed but anonymous sources, the museum will focus on the Royal Family and the Canadian Military.

Tell me this is not all part of the Harper government's ongoing effort to put the 21st century back in the bottle and rewrite Canadian history. We'll know what's really going on if Museum 2.0 has a Preston Manning wing.

The new museum will use the current Museum of Civilization building, a world-class architectural homage to human civilization. Well, it will have to do. It was either that, or move it to Winnipeg, where it could take over the newly built Museum of Human Rights. After all, human rights aren't really our business, either. Let the EU or the UN or some other foreign outfit worry about that stuff.

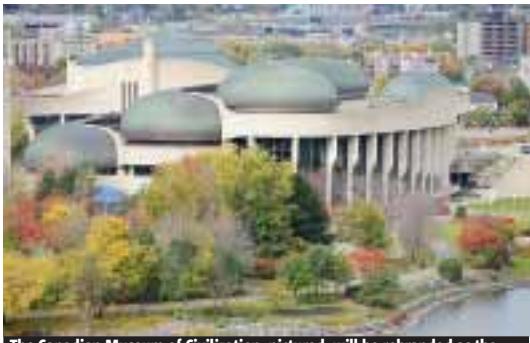
This here's Canada. The Canada of Sir John A. Macdonald, Sir Robert Borden, R.B. Bennett, John Diefenbaker, Brian Mulroney and, of course, Stephen Harper. Did I leave anyone out?

Don't get me wrong. I agree with James Moore, Minister in Charge of Turning Back the Clock, that the world needs more Canada. But we already gave the world Jim Carrey and Neil Young. What more do they want? I know. Celine Dion! We'll give them Celine Dion!

We'll be able to give all these great ideas to the museum, as staff is now travelling across the country, all expenses paid, to find out what we think.

Off the top of my head, I can think of a few more suggestions: The Charter of Rights. (Too civilized? Too Liberal.) The Canadian flag? (See previous item.) The Story of Medicare? The National Wheat Board? The National Film Board? The CBC? (Hmm. There's a pattern emerging here.)

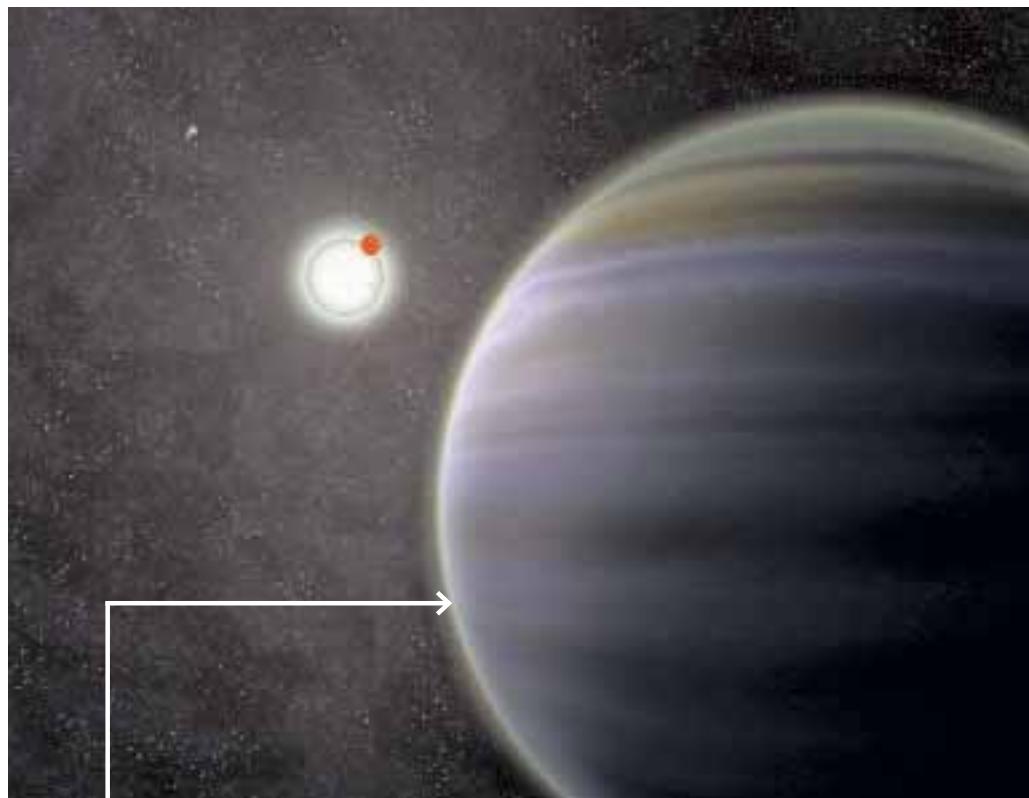
Gee, James, maybe this wasn't such a good idea after all.



The Canadian Museum of Civilization, pictured, will be rebranded as the Canadian Museum of History, the feds announced Tuesday.

SEAN KILPATRICK/THE CANADIAN PRESS

New planet gets four stars!



HAVEN GIGUERE/YALE

Team's first find

Planet with 4-sun system discovered

Astronomers have discovered a new planet with a four-sun system — the first case of its type.

The planet, PH1, circles twin suns that are in turn orbited by a second distant pair of stars. The discovery was made by Planet Hunters, a Yale University-led project, in which amateur astronomers work with professional scientists to find new worlds. METRO

Astronomer's viewpoint

"The discovery of these systems forces us to go back to the drawing board to find how such planets can assemble and evolve in these dynamically challenging environments."

Meg Schwamb, astronomer at Yale University, and lead author of the report behind the discovery.

How they discovered it

How two hobbyists found unique planet

Planet Hunters volunteers, Kian Jek of San Francisco and Robert Gagliano of Cottonwood, Ariz., spotted faint dips in light caused by the planet as it passed in front of its parent stars, a common method of finding exosolar planets.

Their discovery was confirmed by observations from the Keck telescopes on Mauna Kea, Hawaii.

METRO

5,000 light years away

- What's in a name?** Named PH1 in honour of the Planet Hunters website.

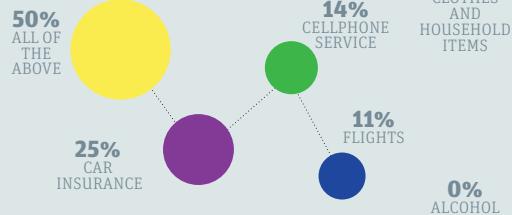
- Neptune-sized planet.** More than six times the radius of Earth, making PH1 slightly bigger than Neptune.

- Not habitable.** PH1's temperature ranges from a minimum of about 251 C to a maximum of about 340 C.



Register at metropolitanpanel.ca and take the quick poll

What do you feel Canadians are most overpaying for?



@WISE1290SPORTS:

Gary Bettman should take a page out of the Dalton McGearty handbook.

@Jeffpreston:

Nothing more satisfying than smiling and waving as an embarrassed walkie scurries away after trying to park in the handicapped spot #busted

@phrawr:

The best thing about a conference call is you can make faces and they

can't see you.

@RamblesOfALady:

Spent an hour hitting my snooze button on the alarm this morning. There goes my head start on errands. #collegelife #fanshawne #worthit

@n03114:

Okay who was the idiot that threw Cheerios all over floor 3 of peregrine #itsamess #cleanup #fanshawne



Tyler Perry stars in *Alex Cross*. HANDOUT

SCENE 2

Meet the newest Alex Cross

Adaptation. Tyler Perry plays the lead in the latest movie based on James Patterson's novels



IN FOCUS

Richard Crouse
scene@metronews.ca

If the name Alex Cross sounds familiar you're either an avid reader of crime novels or a Morgan Freeman fan.

The character is the star

of 20 books by author James Patterson, two films starring Freeman and now a third, the simply titled *Alex Cross*, with Tyler Perry in the lead role.

In the books and films Cross is a Washington D.C. cop with a Ph.D. in psychology. In other words, as he says in *Kiss the Girls*, "I'm a forensic psychologist. It's a fancy way of saying I'm a guy who walks into a room like that and determines the hows and whys."

In the new film, Perry, best known as the director and star of the *Madea* comedies, squares off against a serial killer (Matthew Fox)

who claims to have murdered one of the detective's relatives.

The first Cross novel to make the leap to the big screen was *Kiss the Girls*, the second book in the series. Denzel Washington was originally set to star, but dropped out due to scheduling conflicts. Morgan Freeman stepped in, starring opposite Ashley Judd.

In the film Cross's niece disappears, the likely victim of Casanova, a kidnapper and killer of young women. Aiding Cross is Dr. Kate McTiernan (Judd), a surgeon, who narrowly escaped the sadomasochist killer's grasp.

The movie was a hit with audiences, but not the critics, although Roger Ebert wrote that Freeman and Judd, "are so good, you almost wish they'd decided not to make a thriller at all... and had simply found a way to construct a drama exploring their personalities."

The movie was withheld from release in central Virginia out of respect for the families of three girls who had been murdered in the area.

Four years later, despite some reservations, Freeman reprised the role. "I didn't want to do the same thing

twice," he said, adding that he changed his mind because he realized he "liked Alex Cross. And the fact that he's black is totally incidental. That's a rare thing for a black actor to find."

Along Came a Spider sees Cross solve the case of a kidnapped congressman's daughter. Once again critics hated the film — which currently sits at 32 per cent on Rotten Tomatoes — but praised Freeman's performance. New York Times scribe Elvis Mitchell called it "a classless, underdeveloped thriller," but wrote that it "couldn't be better served than it is by Mr. Freeman."

30 Rock's Tina Fey, Parks and Rec's Amy Poehler to host show

Tina Fey and Amy Poehler are teaming up for the Golden Globes.

The Hollywood Foreign Press Association, Dick Clark Productions and NBC announced Monday that the pair of *30 Rock* and *Parks and Recreation* stars have signed on to host the 70th annual Golden Globes ceremony after British comedian Ricky Gervais' three-year reign as the show's acerbic emcee.

"The unparalleled comedic timing of Tina and Amy will surely have viewers wanting to tune-in to see them in action," said Takla-O'Reilly, president of the Hollywood Foreign Press Association, which honours film and TV at the Beverly Hills

Hilton ceremony.

The funny lady duo previously starred together in the films *Mean Girls* and *Baby Mama* and on Saturday Night Live. They co-hosted the NBC sketch comedy series' Weekend Update segment from 2004 to 2006.

"Having both Tina Fey and Amy Poehler on board to host this year's festivities is a major coup," said Paul Telegdy, president of alternative and late night programming at NBC. "Tina and Amy have a proven chemistry and comedic timing from their many years together."

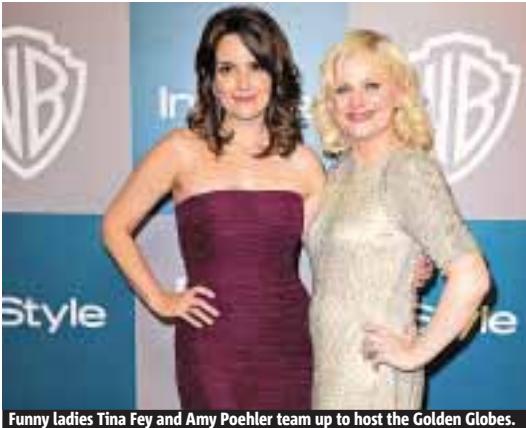
This year's Golden Globes ceremony was watched by 16.8 million TV viewers, finishing

within one per cent of the 17 million viewers who tuned in to the 2011 broadcast, according to the Nielsen Co.

The Globes are usually handed out about a week before the Academy Award nominations are announced, but that won't be the case next year. The motion-picture academy has moved up the Oscar nominations announcement to three days before the Globes are set to air Jan. 13.

The earlier date for the nomination unveiling for the 85th annual Academy Awards, which will be hosted Feb. 24 by Family Guy creator Seth MacFarlane, could steal attention away from the Globes.

THE ASSOCIATED PRESS



Funny ladies Tina Fey and Amy Poehler team up to host the Golden Globes.

GETTY IMAGES

Q&A. Ellie Goulding on hit single Lights, sophomore album and dating Skrillex

British singer Ellie Goulding dealt with writer's block when coming up with songs for her sophomore album. That's because she was still dealing with the success of her first album.

Goulding's debut, *Lights*, was released in February 2010 in Europe and March 2011 in the United States. This year, however, the title track peaked at No. 2 on Billboard's Hot 100 chart and has sold more than 3.3 million units in America. The electro-dance track is one of the year's top songs.

"I still haven't been able to understand, like, why that has happened," the 25-year-old said in a recent interview. "It's crazy. But the definite truth is it's been way more popular here (in the U.S.) than it has anywhere in the world."

Her *Lights* album has sold about 240,000 units in the U.S., but now she's promoting her sophomore record, *Halcyon*, which was released this week. She recorded it in "a converted barn in a valley" in England with producer Jim Eliot (Kylie Minogue) to escape the success of *Lights*.

While her *Lights* single is on the new album, Goulding has a new single, *Anything Could Happen*, a new sound — and a somewhat new relationship.

Did you want to capitalize on the success of *Lights* and do something similar on the new album?

"No, not really ... If my next song has the same ability to do what *Lights* has done, then I'll be really proud. But, who knows? Like, I would never want to design music to do what *Lights* did 'cause that wouldn't have any kind of integrity on my part. ... Most of my favourite music isn't in the charts. Don't get me wrong, I adore pop music so much. I'm not saying I have a thing against chart music. If mine



Ellie Goulding THE ASSOCIATED PRESS

gets on the charts and I sell records, then it's a bonus.

What helped you overcome writer's block?

"I guess I cured it by meeting Jim. Also ... I went through, like, a breakup in a relationship (with radio DJ Greg James) and genuinely, like, that kind of opened the floodgates for me. I felt like there was a lot I needed to write about for a long time. I went away to Ireland by myself and that triggered a lot of the lyrics, a lot of the ideas."

You're dating Skrillex and you've collaborated musically. Do you want to do more of that?

I think in an ideal world we'd love to make a whole record together ... but it just so happens that we're both ridiculously busy. When it comes to music, it honestly is really professional. Honestly. If we start talking about music on the phone, it switches immediately to being professional, and not on purpose, but because we're both so passionate about music and it's a very serious

thing to us. But at the same time we've had fun making stuff, and I

have fun listening to his new stuff because it blows my mind and it's so clever to me, so fascinating it makes me want to laugh, and I laugh because it's so brilliant.

THE ASSOCIATED PRESS

Fear Fun. Musician makes some changes after being on 'autopilot' for a few years

PAT HEALY
Metro World News

Fear Fun is the debut by Father John Misty, but the man behind the moniker, Joshua Tillman, has been putting out albums for the past eight years, recording as a member of Fleet Foxes, Saxon Shore and on his own as J. Tillman. These previous efforts, mostly characterized by their solemnity, bear little resemblance to his recent outpouring of manic psychedelic folk.

"I was obliged to make some changes after some realizations that I had about myself," says Tillman. "I was on autopilot for a few years with the J. Tillman thing."

On Fear Fun, the songs ooze with an exuberance of being born again, but for Father John Misty that doesn't necessarily mean a pious awakening. Against some of the same warm quilts of harmony that make Fleet Foxes sound so comforting, Tillman sings words that are frank and funny and often deal with sex and drugs. If it weren't for this content, you could almost picture him dancing to these funky songs with some groovy monster on The Muppet Show.

His voice is one of confidence and clarity, and against the dark decadence of his lyrics, it blurs the line between reverence and irreverence.

As opposed to the bleak and serious artwork on his solo records, the album art on Fear Fun is deeply hallucinogenic, with liner notes inside that provide commentary and peculiar subtitles for each song.

Tillman says coming up with this part of the album was a cathartic process.

"I was just sick of iden-

Oozing with exuberance



Father John Misty MAXIMILLA LUKACS

Biblical references

Nothing is sacred

In addition to the new name with which Father John Misty has ordained himself, Fear Fun teems with references to biblical figures and holy places. But Joshua Tillman says nothing is sacred here.

"Really, it just kind of aligns with my sensibilities of what I think is funny," he says. "I do think music that is popular right now is so insubstantial, and there is very

little acknowledgement of prevalent images or mythology. ... I know that religion is like an antiquated thing, but it still, for whatever reason, really resonates with people, and the subversion of those images resonates. It's not out of devotion, but if I'm going to write from my conversational voice, there's tons of that s— rattling around in my brain just from my formative years, and I really get some enjoyment out of subverting conventional wisdom regarding those symbols."

tautology, you get so used to only pulling from certain aspects of your imagination or your emotional quotient. You get so used to farming from these very specific parts of yourself that at some point you start to believe that those are the only parts of yourself that have substance or worth. I was just sort of sick of feeling like a one-dimensional entity in terms of creativity, so I started writing up the book that's in the album and I wasn't beholden to these aesthetic parameters that I was musically.

I quickly discovered what I perceived to be far more engaging in that medium, creatively. I was laughing a lot the whole time I was writing."



Say Boo!

to boring costumes

SHOP HALLOWEEN AT **ValueVillage**

For great costume, craft and party ideas plus easy makeup videos visit www.valuevillage.com



Usher celebrates birthday with never-ending party

R&B star Usher says he still feels 21, despite just celebrating his 34th birthday.

The singer "danced all night" in London with a host of British singing talent Saturday night before his birthday Sunday, including Leona Lewis, Tinie

Tempah, Dizzee Rascal and JLS star Ortise Williams. But Usher says that's not where the party is going to end.

"It's really going to be a party celebration week as opposed to weekend," he said.

In London to promote

the computer game Dance Central 3 for Xbox, Usher also talked about his recent decision to put his European tour dates on hold in order to "do something really creative."

The American R&B star is joining the judging panel on the American talent show The Voice, a role he can't wait to fill.

"I haven't really had the chance to show people what I do behind the scenes in re-

gards to mentoring, so this will kind of give you a different perspective" about me, he told The Associated Press.

Aside from designing video games and mentoring young hopefuls, Usher just premiered a new music video for his latest single Numb. It opens with real-life footage of the singer controversially walking off stage partway through his Berlin gig last year and fea-

Quoted

"It's really going to be a party celebration week as opposed to weekend." Usher, on his 34th birthday

tures him dancing in a glass box.

"You know, I live my life in a glass box and every move, everything that I do is kind of speculated or either spoken about in some way and I never really

can speak about it myself," he said. "This kind of gave me the opportunity to open up and just be vulnerable."

Numb is the latest single from the R&B star's Looking 4 Myself album.

THE ASSOCIATED PRESS



Usher CHRIS PIZZELLO/THE ASSOCIATED PRESS/INVISION



YOU COULD WIN VISIT club metro .COM TO ENTER
A PAIR OF TICKETS TO SEE MEATLOAF PERFORM LIVE AT THE RBC THEATRE ON OCTOBER 29TH!

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrolondon



RBC Royal Bank

Knock 1/2% off your home equity credit line.



Switch and drop 1/2% instantly.

We'll even cover your switching costs*.

Switch to an RBC Homeline Plan® credit line at 3.5% (prime + 1/2%). You could save as much as \$5,000 in interest payments*. Get your rate in shape today.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. †Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Rate is effective as of September 4, 2012. This product is provided by Royal Bank of Canada and is subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

über COOL STUFF



123 Carling St, London, ON
519-701-1271
www.ubercoolstuff.com

CHERNOBYL DIARIES
BUY IT NOW ON BLU-RAY COMBO PACK & DVD

TOU COULD WIN A COPY OF CHERNOBYL DIARIES ON BLU-RAY COMBO PACK!

To register and for full contest details visit club.metro.ca

Don't forget to like us on Facebook! facebook.com/clubmetrolondon

NEED A RIDE?
Read metrodrive every Wednesday.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Depp to launch eccentric yet dashing book imprint



THE WORD
Dorothy Robinson
scene@metronews.ca

Celebrities are constantly launching perfumes and clothing lines. But Johnny Depp is not just any old actor. He's Johnny Depp! He's gotta do things differently! So what is the famed actor's new vanity project? Why, he's going to publish books!

According to a statement by Harper Collins, Depp is launching an imprint with the book publisher called Infinitum Nihil (translation: "nothing lasts forever"). Per the statement, Depp says, "I pledge, on behalf of Infinitum Nihil, that we will do our best to deliver publications worthy of peoples' time, of peoples' concern, publications that might ordinarily never have breached the parapet."

The imprint has already announced one book: *The Untravelled Tales of Bob Dylan* by the historian Douglas Brinkley, which is set for



publication in 2015. Interesting way to inject some glamour into the rather staid world of book publishing. And, hey, unlike the rest of us involved in the media world, it's not like he has to worry about the scant paycheck.

But does anyone else get the mental image of Depp editing books while dressed like a pirate and using a quill pen?



Amanda Bynes is facing charges from her driving record.

Jennie Garth's efforts to reach out to Bynes all in vain

It seems everyone is worried about troubled starlet Amanda Bynes these days, including former *What I Like About You* co-star Jennie Garth. "I tried reaching out to her and I haven't been able to reach her," Garth tells *Us Weekly*. "My heart feels for whatever she is

going through and I love her dearly."

Garth isn't alone in feeling disconnected, as Bynes' parents have reportedly been getting the cold shoulder from the actress, who is facing multiple charges stemming from her dangerous driving record.



Barack Obama gives his take on the American Idol judges' cat fight.

Obama offers his two cents in Carey/Minaj feud

As he continues his campaign for re-election, U.S. President Barack Obama is addressing all of the top pressing issues — including the feud between American Idol judges Mariah Carey and Nicki Minaj. "I think that they are going to be able to sort it out, I am confi-

dent," Obama said during an interview with Miami's Y100 radio station. "I'm all about bringing people together, working for the same cause. I think both outstanding artists are going to be able to make sure that they're moving forward and not going backwards."

THE TAZ SHOW
with KELLY MAHER & JIM KELLY
weekdays 5:30-9:30a

London's Best Rock
FM96

YOU COULD WIN TICKETS TO SEE



NOW PLAYING!



To register and for full contest details visit club.metro.ca
Don't forget to like us on Facebook! facebook.com/clubmetrolondon

There is always time for tapas in Spain's capital city

Madrid. This destination offers everything from traditional fare in centuries-old buildings to the latest in innovative cuisine

**VAWN
HIMMELSBACH**
life@metronews.ca

Madrid has a tempo; it's a city that lives by and for art. It's also a city where food has been elevated to an art form. Take your pick of gastronomic delights at one of the city's centuries-old restaurants, traditional tapas bars, trendy gastrobars or gourmet markets. Here's a guide to eating your way around Madrid:

Markets

Mercado de san Miguel: Built in 1916, this market has become a meeting place for foodies. You'll find everything from salted fish at Casa del Bacalao to European meats at La Boucherie. At sundown, the market turns into a hotspot for tapas, which can be washed down with a glass of Spanish red at one of its wine houses.

Mercado de San Anton and La Cocina: This new gourmet market was designed for foodies — with 14 food stalls on the first floor, and show-cooking stations and a bar for casual meals on the second floor. Head to the third floor's terrace restaurant, La Cocina, where you'll find dishes inspired by traditional Spanish cuisine. Here, sample some of the best bellota ham, aged for five years — from pigs fed a diet of acorns and aromatic herbs.

Tapas

While in Madrid, do like the locals and tapear (go for tapas) — order calamari, cod and tripe. This time-honoured tradition still stands, whether in a traditional tavern or trendy bar, where small plates of food are served with a glass of beer or wine. Some of the best traditional taverns can be found in the oldest parts of the capital, including La Latina, Cava Baja, Cava Alta and Cava de San Miguel.

Gastrobars

Head to Estado Puro, one of the city's trendiest gastrobars, where the bar is covered with transparent panels encasing

flamenco dolls. The food is a contemporary twist on traditional Spanish fare — try a deconstructed tortilla in a shot glass, or foie gras served like an ice cream sandwich.

Traditional with a twist

La Capilla de la Bolsa in Madrid's Literary Quarter was once, in the Middle Ages, the Chapel of Santa Cruz, and later became home to the Madrid Stock Exchange. The restaurant has maintained the building's Baroque vault and original columns, allowing you to soak up hundreds of years of art history as you eat Mediterranean haute cuisine. Or have lunch at the Café de Oriente, in the vaulted basement of this former 17th century San Gil convent, with creative cuisine served in a candlelit atmosphere. Or head to Iroco with its avant-garde décor of wrought iron and teka wood; try the cod with caramelized piquillo peppers and garlic puree.

Where to stay

The boutique Hotel de las Letras combines tradition with modern flair. Built in 1917, this newly renovated, modern space has retained its mosaics, marquises, staircases and original sculptures, and each room features high ceilings, oak flooring and natural light. Silk-screened literary quotes adorn the walls, playing homage to the world of literature. It's located in the Gran Via shopping district, at the heart of the city's Art Walk.

Art Walk

Madrid is one of the largest cultural centres in the world, and no visit is complete without going on an Art Walk, taking in everything from historical masterpieces to avant-garde art. Don't miss the Big Three:

Museo del Prado: Houses 4,900 masterworks by famous Spanish artists such as Goya and El Greco.

Museo Reina Sofia: A temple to modern art with 17,000 works.

Museo Thyssen-Bornemisza: One of the best art collections in Europe, it emphasizes early 20th century avant-garde movements.



The San Miguel Market is a meeting place for foodies. PHOTOS: COURTESY ESCARABAJO AMARILLO



How about some Spanish ham?



Enjoy some of the architecture in the Gran Via shopping district.



Wash down your tapas with a mouthwatering cocktail.

3
EAT

New Orleans, for the ladies

Good times. Women, are you ready to live The Hangover?

ALISON BOWEN
Metro World News

New Orleans has been a staple of bachelor parties for decades, but these days the ladies are taking over the city. An annual conference, Festigals, drew 400 people this summer for a women-only celebration. One of the premier hotels, the Windsor Court Hotel,

boasts a female chef and female sommelier, together crafting elegant-tasting menus. And a walking tour of the French Quarter — led by a feisty 79-year-old female — drops in tales of women influencing the city. So what better place for a girls' getaway?

Stay out all night

Make sure to walk along Bourbon Street — even without Mardi Gras, it's a circus all its own. But locals will tip you toward Frenchmen Street, a chance to dart in and out of

bars where local bands play all night long. This weekend, you could catch the Crescent City Blues and BBQ Festival. Top off any night with a visit to Cafe du Monde, open 24 hours a day, for the city's famous beignets and rich chicory coffee.

Eat your way through the city

Leave the diet books at home. The waiters at legendary Arnaud's Restaurant on Bourbon Street may tell you the meals are zero calories, but that's not true — and you'll be robbing yourself of the city's best pleasures if you don't eat your way through New Orleans. The city's cuisine is incomparable — succulent shrimp often delivered straight from the Gulf, the spices are thrown together in a way New England just can't muster,

and, well, what other place constantly lights its desserts on fire? The Court of Two Sisters in the French Quarter has a daily jazz brunch, with a live band in the courtyard and a shrimp-and-grits filled buffet.



Grab your shopping shoes

Explore the unique boutiques of Magazine Street, a lengthy but doable walk or a quick cab ride from the French Quarter. Places like Buffalo Exchange offer consignment-store finds, like party dresses or a floral TopShop blouse or a boom box. If your shopping can escalate to extravagant — or for a peek — stop in at M.S. Rau Antiques, where pieces range from a Russian fossilized cave bear to Monets and a vampire killing kit.



Where to stay

The Hotel Monteleone, legend says, is where the French Quarter begins. The hotel, opened by a Sicilian shoemaker more than a century ago, has hosted luminaries from Tennessee Williams to Paul Newman and Liberace. Within walking distance from delicious brunch spots and the invigorating, music-filled Frenchmen Street, the hotel is an elegant place to retire.



Richness is:

MAKING NEW FRIENDS

The New Scotiabank® Gold American Express® Card.

Earn travel rewards 4x faster¹ at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 20,000 bonus travel rewards points.²

[scotiabank.com/4xfaster](#)

You're richer
than you think.[®]

 **Scotiabank**[®]

¹ Registered trademarks of The Bank of Nova Scotia. ² American Express is a trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.

¹ You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. ² The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank® Gold American Express® card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank® Gold American Express® card statement within two statement cycles of your first card purchase. Offer applies to new accounts opened by December 31, 2012.

Maple syrup and cinnamon bring out the sweet side of root vegetables



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Baked root vegetables are a real comfort side dish during the colder months. Use other varieties of your favourite vegetables such as turnips or rutabagas. You may need to add a little more maple syrup since these vegetables tend to be less sweet.

1. Preheat the oven to 425 F. Line 2 baking sheets with foil and lightly coat with cooking spray.

2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork

tender. Place the vegetables on a large serving platter.

3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the roasted vegetables. Garnish with parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb sweet potatoes, unpeeled and cut into wedges
 - 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
 - 1 lb butternut squash, peeled and cut into 2-inch pieces
 - 1 large sweet yellow onion, cut into 8 wedges
 - 2 large peeled parsnips, cut into 2-inch pieces
 - 2 peeled beets, cut into 1-inch pieces
- Dressing**
- 1 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - 2 tbsp maple syrup
 - 1/2 tsp cinnamon
 - 1/4 cup chopped parsley

Drink of the Week

Orange Haze for those fall nights

This not-so-kid-friendly murky and thick "orange haze" blends orange liqueur, chocolate liqueur and honey. It's perfect for the fall.

This recipe serves one.

- 3/4 oz orange liqueur
- 3/4 oz milk chocolate cream liqueur
- 1/2 tsp honey
- Orange zest, to garnish

Pour the orange liqueur into a shot glass. Very slowly pour the chocolate liqueur down the side of the glass, then drizzle the honey over the top. Garnish with orange zest.

THE ASSOCIATED PRESS



more
money
music
hour
more1039.ca

Listen for your chance to
WIN CASH
just by listening

greatest hits
more
103.9 fm
more1039.ca

Master of the midterm

Study these secrets.

Translating, talking and tracking down a nest all part of the perfect test strategy

LEAH RUEHLICKE
TalentEgg.ca

Studying can be tough — especially if you have multiple tests, exams or midterms to study for at once.

It's easy to fall asleep with your textbook on your face, or focus more on perfecting that homemade apple crisp than perfecting your math formulas.

Everyone has their own best practices when it comes to studying, so we asked around to find some common strategies for success when it comes to burying yourself in your books.

Find your study spot

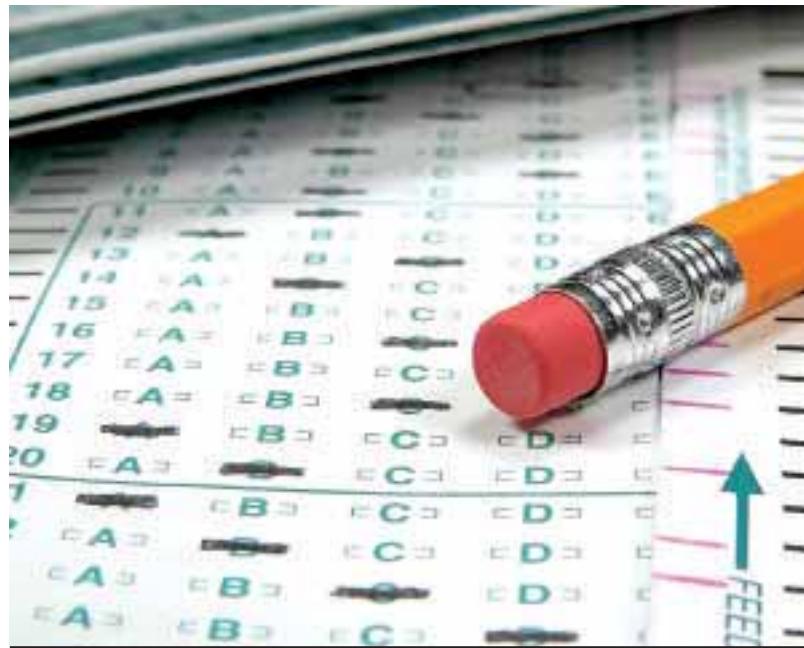
The first step to successful studying is finding a spot that is study-specific and has limited distractions. You might even want to disconnect your WiFi and put your phone on airplane mode for an hour or two. Crazy, I know, but it will

Take breaks

Relax to retain

- You can't run on the treadmill for hours on end and your brain can't work out for that long either. It needs a break (Tetris, anyone?) as well as hydration (water, coffee and perhaps even an ice cream cone?).

- Allow your brain time to refresh and when you come back to the books, quickly recap what you learned before your break. This will make it stick even more.



Back to the basics: Jot down the key points of longer texts to keep your brain from going into overdrive. [ISTOCK](#)

help you stay focused.

Review the main concepts

Reading through your notes and refreshing your memory on major concepts will make filling in the details later on that much easier. There's no sense in memorizing the dates of John Cabot's discoveries if you can't even recall what he did.

Change up the lingo

Reviewing concepts by using everyday language ensures you understand it. Furthermore, doing this helps you remember things more easily.

For example, if your philosophy textbook reads, "Relativism is the concept that points of view have no absolute truth or validity, having only relative, subjective value according to differences in perception and consideration," an easier way of saying this might be "Relativism means that your

point of view is only your personal perception, and has no absolute truth or validity."

Speak out loud

Calling Helgason, a second-year Biology student at Trent University, says when she doesn't understand a concept she reads it out loud. "Talking through my notes breaks down the concepts and makes it easier to understand," she says.

This was a personal strategy of mine as well. I would pretend I was explaining something to someone else and, in turn, ended up learning it myself — a tad embarrassing when the roommates walked in, but the good grades made up for my rosy cheeks.

That being said, be aware of your surroundings. This might not fly too well in the quiet section of the library, but on your porch it's A-OK.

Rewrite your notes

Sandy Silveira, a student in the early childhood education program at Ryerson University, says when she studies she likes to write things out as well as saying them because it helps her remember them better.

Julie Dang, a Mathematical Science student at Western University, echoes this idea by stating that her strategy is to flip back through her textbooks and focus on everything that she highlighted when she initially did her readings. Then she writes out all the terminology and various formulas. "I do study questions over and over again," Julie says.

"I review my notes, and then I do more questions. Constantly practicing the formulas is the best way to remember them."

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Student Voice

'My life has only just begun'

Jake Choi
Graduate
Bachelor of Arts in Economics/Business
University of Waterloo

[TalentEgg.ca](#)

I've completed four co-op work terms, including positions in financial analysis, project management, and real estate industries assessment. I've been applying to jobs on the University of Waterloo's campus recruitment website (JobMine) as well as reaching out to people that I know and applying online.

It has been very frustrating because I have not received any interviews using online applications, and received only a few using JobMine for graduate positions. Even so, I have a tough time beating the competition as most students are either better at interviews or have more relevant experiences.

I returned to one of the employers for my co-operative work term, but I'm planning to transfer into the industry that I want to be in which is banking and finance. I've been discouraged so many times through countless rejection emails and I've lost hope. But in the end, I realized that my life has only just begun! I don't expect this process to be easy to be resolved, I will be relentless until I find the dream job I desire.

I am actively seeking open job opportunities. At

the same time, I am putting more effort into contacting previous managers to seek personal recommendations which will increase my chances.

Where I am now

I just finished up my bachelor's degree and returned to one of my previous employers. However, I'm planning to transfer into the financial industry because I'm interested in pursuing my CMA designation.

My advice for employers, career centres and schools

I feel so limited in terms of which positions I can apply for. Even if I apply for entry-level positions, some demand exceptional skill sets; however, if there was a room for potential candidates to be groomed, that would be even better and encourage for students like myself to apply more often.

My recommendations for students

Everyone is a bright minded individual, and I bet any one else is far smarter and more agile than me. I encourage you to keep applying and remember to use your work relationships to your advantage. I found that using networking skills is far more effective than randomly applying online.

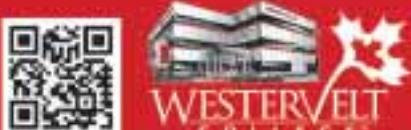
TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT [TALENTEGG.CA](#).



Why Westervelt?

Get an exciting career in a BOOMING field of healthcare!

Enroll in our Medical Administration program.



**Enroll now for November!
Get started today.**

Call 226-289-2231 or visit www.westerveltcollege.com

Quit coasting: Make a mark on your future

Keep up the good work. Collecting As and Bs can result in rewards from unexpected places

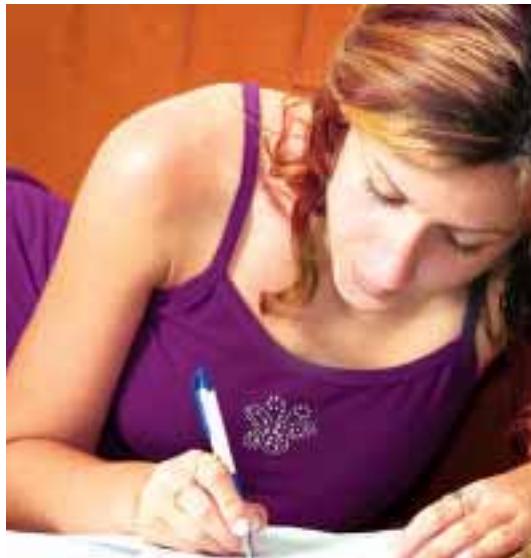
JESS
TAYLOR
TalentEgg.ca

After high school, most people are told it doesn't matter whether you get Cs or As in college or university, as long as you get that diploma or degree. However, while you're striving for that qualification, keeping your marks up can open more doors than you think.

During most of high school, I balanced work, a band and good grades, so I learned good study habits, which I brought with me to university.

Instead of partying, I would study. This might sound boring and not like the university life many people imagine, but I still had time for a social life as well. Every weekend I would go home from residence to play shows and chill with my band mates and boyfriend while at concerts. During the week, I saw my boyfriend usually for two days in a row. I just made sure I had time to do the work required to maintain my good grades.

During my second year of university, it was even more important for me to get good grades. I had my eye on the creative writing program at York, which required — along with an impressive portfolio of work — at least a B+ average, but mostly As if you wanted to ensure you were accepted. I was



Make the grade: don't trade in that much-needed scholarship for a sloppy, sundown-to-sunrise social life. iSTOCK

also striving to get scholarships.

I thought scholarships and getting into that program was all high marks were good for, but since then a couple of things have changed.

First, I decided I want to go to grad school after completing my undergrad. An MA or a PhD opens some doors in the job market, but even having an Honours BA, which requires a level of achievement in grades, may set me apart.

Then the emails started coming. Like most students, I thought the university didn't recognize me and the hard work I do, but I was wrong!

During the end of my second year, I was told about a special scholarship I could

apply for, and more recently, I have been getting volunteer job offers from the university for mentoring new and returning students and leading orientations. These positions take very little time and look great on your resume whether your goal is grad school or an entry-level job.

To receive these offers I didn't need straight As, just a B+ average. I think this is obtainable for most students with good study habits.

So keep those marks up! You never know what opportunities they will give you.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

BRIGHT BIG Dreams
A Colourful Cocktail Reception in support of
Sunshine Foundation
GROWING FOR KIDS SINCE 1981

Come Dream with Us...

LAST CHANCE... ONLY 1 DAY AWAY!

Come Dream with Us...

We are celebrating 25 years and want YOU to join us!

Thursday, October 18, 2012
6:30 p.m. – 9:30 p.m.

Pacific & Western Bank of Canada Hangar
London Airport, 1979 Otter Place

Tickets: \$75

Purchase online:

bndlondon.eventbrite.ca, BNBD.London@gmail.com, Or Call 519-642-0990

Join us for a **Colourful*** Cocktail Reception featuring:

- Live entertainment
- Special performances
- Dream silent auction items
- Complimentary Dream Cocktail
- Candy Buffet
- Mashed potato martini bar and hors d'oeuvres
- "Dream" Screen Photography

*Bright Tie Affair: business casual bright clothing/accessories

Sponsored By:



www.bndlondon.ca

The Sunshine Foundation of Canada makes dreams come true for children with serious physical disabilities and their families.

Career Training

NEW HEALTH, FITNESS AND NUTRITION CONSULTANT PROGRAM

Graduates of the Health, Fitness and Nutrition Consultant program may find career opportunities in the following areas:

- Corporate Fitness Instructor
- Group Exercise Instructor
- Health Educator
- Personal Trainer
- Sports Coaching

Everest
COLLEGE

INFORMATION TECHNOLOGY • HEALTH CARE

Call Now for More Information!

1-866-839-4232

www.TrainAtEverest.ca

Join us at our open house:
October 24, 9 AM – 1 PM



LONDON

(Citi Plaza, 2nd Floor, corner of Wellington and York)

◆ 16 CONVENIENT LOCATIONS IN ONTARIO ◆

EVEREST COLLEGE IS THE LARGEST PRIVATE CAREER COLLEGE IN ONTARIO WITH MORE THAN 9,000 ENROLMENTS IN ONTARIO ANNUALLY.

Financial assistance may be available for those who qualify.

Career services assistance available to graduates.

Morning and afternoon classes available.

Programs and schedules vary by campus.

**more music!
more fun!**

4 SPORTS

20

SPORTS

metronews.ca
Wednesday, October 17, 2012

Carlos Costly, centre, celebrates after scoring while Canadians Edgar David, left, and Nikolas Ledgerwood hang their heads during a World Cup qualifying match on Tuesday in San Pedro Sula, Honduras. The 8-1 loss eliminated Canada from the 2014 World Cup. ESTEBAN FELIX/THE ASSOCIATED PRESS

Canada humbled by halftime in Honduras

Soccer. Coach Hart considering his future after lopsided loss

Canada's World Cup dreams were snuffed out in brutal fashion Tuesday as Honduras put them to the sword 8-1 in a do-or-die qualifying match.

It's a bitter pill to swallow for a Canadian team that went into the match with its fate in its own hands and the unwavering belief that it deserved to move on. That is until Tuesday, when the wheels came off the Canadian bus in a shocking display.

Canada entered the hostile confines of a soldout Estadio Olímpico Metropolitano knowing that a tie or win would

World Cup qualifier

8	1
Honduras	Canada

be enough to move on to the final round of qualifying in the CONCACAF region, which covers North and Central America and the Caribbean. The Hondurans, looking to please their fans on an extended national holiday, needed a win.

Asked if the moment had got to his team, Canadian coach Stephen Hart offered a one-word answer — "Yes."

"You're supposed to go down all guns blazing, you're

supposed to fight," he added. "You're supposed to die out there."

"We were horrible... It's disturbing to me that the team fell apart."

It was Canada's worst loss since an 8-0 drubbing in Mexico in 1993.

Honduras' speed and clinical finishing — combined with Canada's clown-like defending — ended the suspense very early, racking up four goals in a 25-minute span to lead 4-0 after just 32 minutes. The Central Americans made it look easy against a sluggish Canadian side that simply wasn't up to the challenge.

Substitute Iain Hume scored a consolation goal off a nice free kick in the 76th minute.

Hart said personally he thought he had done his best

Quoted



"We pretty much embarrassed ourselves."

Canadian midfielder Julian de Guzman

but could have to consider his future in the wake of the "crushing" result.

"All I can do is ask the fans' forgiveness on behalf of the players," said the coach, who has six months remaining on his contract. "I know they'll never forgive me but on behalf of the players, forgive them."

Reminded he was not on the field, Hart said: "It's my responsibility." THE CANADIAN PRESS

NHL

Oilers refuse to meet with city for arena debate

City councillors set to decide the fate of a new arena for the Edmonton Oilers on Wednesday will do so without the help of the NHL team.

In a letter sent to the city, Oilers owner Daryl Katz said he and his officials will not appear at city council to explain why they need millions of dollars more in public funding for the rink.

Katz said there is no point meeting because there are too many outstanding issues to be resolved. THE CANADIAN PRESS

NFL

Late lapses cost Eagles' Castillo co-ordinator role

Consecutive blown fourth-quarter leads have cost Juan Castillo his job as the Philadelphia Eagles' defensive co-ordinator.

Castillo was fired Tuesday and replaced by secondary coach Todd Bowles.

Coach Andy Reid dismissed his longtime assistant who was surprisingly switched to defence after 13 seasons coaching the offensive linemen. Castillo was with the Eagles for 18 years, longer than any coach in franchise history.

THE ASSOCIATED PRESS



Juan Castillo

THE ASSOCIATED PRESS FILE

YMCA of Western Ontario Child Care Services

SPACES AVAILABLE!

Serving our Communities for the Last 25 Years

Children 0-12 years

14 child care centres and 29 before and after school programs in London and surrounding areas.

519.451.3743 ext. 694

childcare@ymcawo.ca

facebook

twitter

ymcawo.ca

Putting children First

The YMCA offers a wide selection of programs, providing children with the best care and early education. Our YMCA Playing to Learn curriculum is provided by trained professional Early Childhood Educators. Our Child Care Centres and School Age Programs are located throughout London and surrounding counties.

Building healthy communities

Getting warmer: NHL budges on revenue split

Lockout. League's latest proposal would see 50-50 revenue split. Full 82-game season starting in November possible

Let the serious negotiations begin.

After more than a month with no new offers being tabled in collective bargaining talks, the NHL breathed new life into the process Tuesday with a proposal that could kick-start some significant discussions.

It calls for a 50-50 split of revenues between owners and players and includes a deferred salary plan designed to ensure that players would receive all the money they've been promised in existing contracts. On top of that, the deal was drawn up with an eye to starting a full 82-game regular season Nov. 2.

"We have about nine or 10 days to get this all ... signed, sealed and delivered," said com-



NHL commissioner Gary Bettman, right, leaves with assistant commissioner Bill Daly after collective bargaining talks on Tuesday in Toronto. The NHL has presented a new offer to the players. CHRIS YOUNG/THE CANADIAN PRESS

missioner Gary Bettman, who called the proposed deal "long-term."

A lot will need to be accomplished over that period. However, the unexpected proposal offered fans the first real hint of hope since the lockout began Sept. 15.

The sides have met regularly

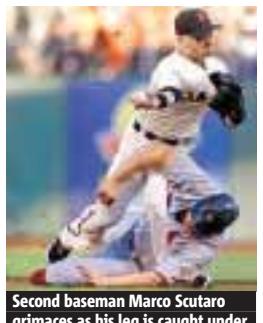
MLB. Giants manager says Scutaro likely to play Game 3

San Francisco Giants manager Bruce Bochy calls it's a "good chance" second baseman Marco Scutaro will play in Game 3 of the NL championship series against the Cardinals on Wednesday after injuring his hip during Monday's Game 2.

Bochy said in a text message to The Associated Press on Tuesday that Scutaro is "doing fine."

Scutaro strained his left hip when the Cardinals' Matt Holliday crashed into him with a hard slide in Game 2 on Monday night.

THE ASSOCIATED PRESS



Second baseman Marco Scutaro grimaces as his leg is caught under a sliding Matt Holliday on Monday in San Francisco. THE ASSOCIATED PRESS

NFL. Owners approve sale of the Cleveland Browns

The sale of the Cleveland Browns to Jimmy Haslam III was unanimously approved by NFL owners Tuesday, and team President Mike Holmgren will be leaving the Browns at the end of the season.

A person familiar with the sale told The Associated Press that Joe Banner has been hired as CEO of the Browns to replace Holmgren. The person spoke on condition of anonymity because Banner's hiring and Holmgren's departure have not been announced.

Quoted

"I would like to believe that it will be an excellent starting point and we can go forward and see if there is a deal to be made" Donald Fehr, the NHLPA's executive director, on the league's latest proposal to the union.

day afternoon reviewing the lengthy document and held an evening conference call with about 60 players. His initial reaction to the offer was that it could provide something to work with.

It wasn't immediately clear how willing the league is to negotiate off its latest offer. The NHL's previous proposal called for the players' revenue share to fall to 47 per cent and tabled a number of restrictive rules governing contracts.

According to a source, the only one that remains in Tuesday's proposal is a maximum contract length of five years.

THE CANADIAN PRESS

YOU COULD WIN
A COPY OF *MOONRISE KINGDOM*
ON BLU-RAY™ COMBO PACK!



AVAILABLE EVERYWHERE
OCTOBER 16TH 2012

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrolondon

LONDON AUTOMOTIVE SERVICES

RUST PROOFING \$59.95
MOST CARS

REPAIRS TO ALL
MAKES & MODELS



OPEN
Mon-Fri 8:30-5:00PM
Sat 9:00-3:00PM

2001 Gore Rd.
London ON
(226) 234-1187

FALL STANDINGS SEASON																										
EASTERN CONFERENCE						WESTERN CONFERENCE						CO-ED DIVISION														
TEAMS	GP	W	L	T	SOL	GF	GA	PTS	TEAMS	GP	W	L	T	SOL	GF	GA	PTS	TEAMS	GP	W	L	T	SOL	GF	GA	PTS
LONDON LEAFERS	7	6	1	0	0	31	15	12	REBELS	6	6	0	0	0	37	8	12	THUMBS UP	4	3	0	0	1	15	8	7
SHOCKERS	8	6	2	0	0	33	17	12	OTHER TEAM	5	5	0	0	0	28	6	10	LADIES of the NIGHT	4	3	0	0	1	11	8	7
MISFITS	6	4	2	0	0	16	12	8	THROWBACKS	6	4	1	0	1	26	13	9	FMC	4	2	2	0	0	13	6	4
BALL WACKERS	8	3	5	0	0	10	31	6	HOCKEY BALBOAS	7	2	5	0	0	7	31	4	SHELLY LAMBERT	4	2	2	0	0	8	16	4
WOLFPACK	8	2	5	0	1	8	19	5	HEADLESS HORSEMEN	8	2	6	0	0	21	32	4	HAPPY HOOKERS	4	1	2	0	1	9	11	3
OUT OF GAS	7	0	7	0	0	16	33	0	ACE HOLES	6	1	4	0	1	15	31	3	NEW TEAM	4	1	2	0	1	7	14	3

- | | |
|--|--|
| YOUTH 3 STARS | ADULT 3 STARS |
| 1 BRAD LINDSAY RAIDERS 5 GOALS (HAT TRICK) | 1 TAYLOR DUBNICK THE OTHER TEAM 6 GOALS, 2 ASSISTS (HAT TRICK) |
| 2 CODY CUNDER CHIEFS 3 GOALS, 1 ASSIST (HAT TRICK) | 2 BILLY BORTH HEADLESS HORSEMEN 5 GOALS, 3 ASSISTS (HAT TRICK) |
| 3 PAIGE GILBERT VIPERS 1 GOAL, 4 ASSISTS | 3 WHITNEY WELLS FMC (COED) 2 GOALS |

519.455.2255 WWW.BALLHOCKEYINTERNATIONAL.COM
OUTDOOR BALL HOCKEY LEAGUE



Come test drive the 2013 Elantra GT
today and tell us what **YOU** think.

Airport HYUNDAI

519-452-3443
2040 Dundas St. E.
London, ON

HYUNDAI

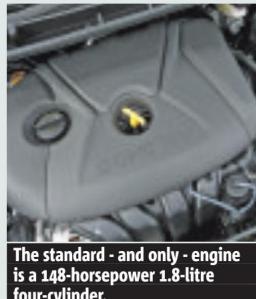
Let the Elantra excite you



ALL PHOTOS WHEELBASE

2013 Hyundai Elantra GT

- Type.** Four door, front wheel drive, compact hatchback.
- Engine (hp).** 1.8-litre DOHC I4 (148).
- Transmissions.** Six-speed manual, six-speed automatic (optional).
- Base Price (incl. destination).** \$20,650



Transmission

The GT as well as the rest of the Elantra trio, operates with a 1.8-litre four-cylinder engine that produces 148 horsepower and 131 pound-feet of torque. The peppy mill is rated at 7.2 l/100 km in the city and 4.9 highway when connected to a six-speed manual transmission, and 7.3/5.0 with optional six-speed automatic.

The standard - and only - engine is a 148-horsepower 1.8-litre four-cylinder.

Styling

An added bonus is the GT's slippery-shaped design that rivals the Coupe's, although all three Elantras are handsome rigs in their own way. The GT's Hyundai Veloster-style open-mouth grille/air intake resembles the Coupe's, with both body styles eschewing the sedan's more conservative schnoz.

Fuel economy

Hyundai claims the GT possesses about a 720-kilometre maximum range, which is as much a function of gas-tank size as it is fuel economy. It also doesn't hurt that, at a relatively light 1,265 kilograms, the GT is 70-90 kilograms lighter than its primary rivals.

Review. New GT isn't as big as the Touring but it speaks our kind of language: design language

MALCOLM
GUNN
Wheelbase Media

If a hatchback is on your radar, the Hyundai Elantra GT with its "Fluidic Sculpture" design language might prove to be the right thirst-quencher.

In a world gone mad for small, fuel-efficient cars – not surprising given today's pump prices – Hyundai's compact lineup attempts to cover the bases. If your search involves acquiring a vehicle with purposeful practicality, the new Elantra GT might fill the bill

just as easily as you can fill its flexible-stowage area.

The GT fills the void left by the departing Elantra Touring model, but not in the most direct way. Although neatly styled, the Touring was first and foremost a wagon, while the more rounded GT is definitely hatchback-oriented. Yes, the lines between hatch and wagon tend to get a bit fuzzy, but with about an 18-centimetre deficit in overall length

and 20 per cent less total cargo space the GT qualifies as a hatchback.

In back, a 60:40 split rear bench folds relatively flat. By Hyundai's slide rule, the GT has more cargo and passenger room than several of its peers, including the Golf, Ford Focus and Mazda3 hatches.

For serious drivers, the GT's firm suspension with stiffer springs, shocks and stabilizer bars is definitely appreciated.

Then there's the accessory packages if your pockets are deeper that bundle a panoramic sunroof, rear-view camera leather seats and other trinkets. Selecting a hatchback and sprinkling it with some performance-like attitude seems like a tempting way to go about your business and that applies to the Elantra GT, which also thumbs its nose at gas pumps while toting life's treasures, human and otherwise.

5 DRIVE

WINDOW TINTING
HIGH PERFORMANCE WINDOW FILMS

\$89.99

STARTING AT

601 OXFORD STREET W • 1-800-265-7009 • www.oakridgeford.com

Town Oakridge Ford

3M Authorized Dealer Window Film Products

Blistering Bloodhound could eclipse famous free faller Felix in 2014

Land speed record.

British team will try to beat Baumgartner's gravity-pulled speed with blue torpedo-like vehicle in the desert



AUTO
PILOT
Mike Goetz
drive@metronews.ca

Like millions, I was awestruck by the images of Felix Baumgartner on the steps of his cap

sule, 39 kilometres above the Earth — a height that reveals the curvature of our planet and the blackness of space. Then he jumped. Wow.

His moment of release had to be one of the wildest and conflicted sensations ever experienced. Then he accelerated to 1,342 km/h (834 mph)! That's a crazy number for a thing not attached to jet power.

It's also quite faster than the existing land speed record. A British team and its Thrust SSC rocket-car, hold the record, at 763 mph. That was more than 15 years ago and speaks to how difficult it is to get a human going that fast on earth.

The same British team is planning another "go" in 2014, with its new rocket car, the Bloodhound. Last time they went after the sound barrier. This time they're shooting for 1,000 mph. To make that happen Bloodhound's rocket is designed to generate 27,500 pounds of thrust, the equivalent of 80,000 horsepower.

Felix Baumgartner had zero horsepower, zero thrust. His speed was simply another re-



Want to go faster on Earth than skydiver Felix Baumgartner did returning to Earth? Then you'll have to get something like the Bloodhound rocket car. CONTRIBUTED

minder of gravity's immense power, and another opportunity to ponder about harnessing it for our energy needs.

A gravity-engine under the hood of your Ford? Don't hold your breath. For starters, gravity engines are so far only theoretical. Apparently there are a couple of laws of physics spoiling the reality party.

And secondly, gravity is actually a weak force. It worked on Felix because he was so small, and the Earth so big.

So if we ever do use it for

transportation, it would be on the mass transit side. The most bizarre concept utilizing gravity has to be the Gravity Train proposed by British scientist, Robert Hooke, in the 17th century. He proposed a series of tunnels drilled through the Earth. One could connect Spain with New Zealand for example. A train entering the tunnel at either end would accelerate toward the centre of the earth, and then gradually decelerate after the halfway mark. According to Hooke's calculations, if the

train operated in a frictionless environment it would reach the surface at the opposite end of the tunnel at the exact moment its speed reached zero.

Less ambitious proposals for harnessing gravity power seem far-fetched. Most people believe that if we haven't figured it out yet, it's not going to happen. This is essentially the same argument about time travel. I don't buy it... There was this creepy guy at the mall, I'm sure he was from the 1980s. There's hope for gravity engines too.

RUST CHECK

**Beat the rusties,
add years of life
to your vehicle!**

**1890 Cheapside St.
(519) 452-4821**

CHEAPSIDE
auto care

\$10 Bonus Bucks
Get \$10 off the regular price of a rust check application. Offer expires January 1, 2013.

CALL TODAY FOR AN APPOINTMENT (519) 452-4821

You deserve some
Indulgence!
Win 1 of 8 Trips
to Varadero, Cuba!



**THE NEW
103.1 fresh fm**

**WESTJET[®]
vacations**
**Breezes[®]
RESORT
VACATION**

www.1031freshfm.com
For all the details

Ensure safety by sitting the right way

Damage limitation.

In the event of an accident follow our experts tips to improve your chances of escaping uninjured

JILL MCINTOSH
Drive@metronews.ca

You know all about wearing your seatbelt, but that's only half the story. Sitting in the right position is also essential to vehicle control and safety.

"The steering wheel, seatbelt, head restraint, seat, mirrors, and pedals are the key points we're trying to get across," says Silvana Aceto, spokesperson for CAA (Canadian Automobile Association) South Central Ontario.

"It's important that you are seated properly to make sure you are in control when you're behind the wheel."

You should be at least 25 cm (10 inches) away from the steering wheel, which puts you at a safe distance if the airbag deploys.

The wheel should be pointed at your chest, but high enough that your thigh doesn't hit it when you're moving your foot to the brake pedal. You should be able to push all pedals as far as they'll go, using the ball of your foot, not your toes.

The middle of the head restraint should be at the level of your ears, and no more than 6 cm (2.5 inches) away, to help prevent whiplash.

Put your hands at the nine and three o'clock position on the steering wheel. "For years we said 10 and two, but if the airbag is deployed and your hands are up further, they can fly back and possibly hit you in the face," Aceto says. "If you're at nine and three, your hands will fly out to the sides and decrease your risk of injury."

To minimize blind spots

around your car, lean to the right until you're over the centre console or below the rearview mirror, and then adjust your right outside mirror until you can just see the edge of your vehicle. Now lean to the left, against the closed window, and do the same for the left outside mirror. Adjust the rearview mirror so you're looking out the back window.

Finally, adjust the seatbelt over your collarbone so it lies flat on your chest, and put the lap portion over your hip bones, not your abdomen.

Most cars have height adjusters where the belt attaches to the pillar so you can fit it properly. Never put the belt under your arm, where it can break your ribs.

"Look for how well you fit when you're buying a vehicle," Aceto says. "There are certain ones that won't fit you, and you need to look at these things. Be sure to shop around."



And look at how happy sitting correctly will make you! PHOTO BY JILL MCINTOSH

Advice

- **No feet up.** Never let passengers ride with their feet on the dash, as a deploying airbag could do severe damage to their legs.

Life's short. Have fun!



www.1031freshfm.com

AS EXHILARATING AS IT IS AFFORDABLE.

Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.



0.9% APR*

SEE DEALER FOR DETAILS

CERTIFIED PRE-OWNED

- 160-Point Detailed Inspection
- 7-Year/140,000-Kilometre Limited Powertrain Warranty[†]
- 24-Hour Emergency Roadside Assistance
- 30-Day/3,000-Kilometre Exchange Privilege
- CarProof® Vehicle History Report
- Zero Deductible
- Available Extended Coverage

CRAFTED. ENGINEERED. CERTIFIED.

zoom-zoom



Do it white: Colour tops car charts

Top five. Silver ranks a close second followed by black, gray and red

If you bought a new vehicle this year, chances are high it was white or silver.

Twenty-two per cent of cars and trucks built for the 2012 model year have white paint, making it the most popular colour worldwide. Silver is close behind, at 20 per cent, followed by black at 19 per cent. Gray and red follow to make up the top five. White is the most popular colour for the second year in a row after overtaking silver in 2011. The annual rankings are compiled by automotive paint supplier PPG Industries Inc., a Pittsburgh-based company that provides paints to General Motors Co., Ford Motor Co., BMW AG and others.

The rankings are skewed somewhat by the large number of pickup trucks on the market. Trucks accounted for 55 per cent of North American production in the first eight months of this year, according to Ward's, which compiles automotive data. One in four pickups produced is white because business owners often use them as work trucks and paint logos on them. By comparison, 19 per cent of midsize cars made in North America are white.

White, which was also popular in the 1980s, is making a comeback as a modern, high-tech colour thanks in part to Apple Inc.'s all-white stores and glossy white gadgets, said Jane Harrington, PPG's manager of colour styling for car companies. Manufacturers are also making more varieties of white, from the flat, bright white on many vans to the pearly cream of luxury SUVs.

Silver also rose in popularity as a high-tech colour starting in the 2000s, and remains especially popular choice in Asia. It remains in vogue because it highlights every angle of a car, Harrington said.



Or how about confident pillar box red?

it is a high-tech colour starting in the 2000s, and remains especially popular choice in Asia. It remains in vogue because it highlights every angle of a car, Harrington said.

"Silver looks great on any design," Harrington said.

White and other "safe" colours — silver, grey and black — also got more popular during the economic downturn, as buyers stopped leasing and bought vehicles they expected to hold on to for much longer, said Michelle Killen, GM's lead colour designer for exterior paints.

They were leery of some of the more daring colours on the market, like the magenta available on the Ford Fiesta or the bright orange on the Scion iQ. "Buyers want to purchase a colour they won't grow tired of over an extended period of time," Killen said.

Colour choices vary by geography. You'll find more red vehicles in North America. Black and grey overtake silver in popularity in Europe. Drivers in Asia like tan and gold but not green. Only about seven per cent of cars in every region are blue. PPG, which also develops paints for cellphones, laptops, airplanes and houses, bases its automotive paints on trends it sees in fashion, interior design and other areas. PPG starts showing paints to carmakers three or four years ahead of a model's release, and automakers settle on colours two years before a model goes on sale.

Harrington predicts customers will see more browns and oranges over the next two years, especially on luxury cars. Brown - which reminds people of leather or a rich cup of coffee - evokes luxury around the world. Earthy colours are also appealing to drivers concerned about the environment.

As for the 2015 and 2016 model years, PPG is showing 64 future colour options to automakers this week. Among those are Al Fresco, a silver metallic with a green tint; Glacier, an icy grey with a violet blue tone; and Elixir, a metallic mixture of silver and magenta.

THE ASSOCIATED PRESS



Spray it don't say it. ALL PHOTOS ISTOCK



Is orange your colour?

LOOKING TO BUY A PRE-OWNED VEHICLE?

2012 CHRYSLER 300 TOURING

FEATURES

- 29,157 kms
- Cruise Control
- Keyless Entry
- Air Conditioning
- Alloy Wheels
- Power Seat
- Uconnect/Bluetooth
- evic

Includes No Charge 3 Year Basic Maintenance

Wayne Crisp

Sales - Cell: (519) 860-8141
wcrisp@oxforddodge.com



\$21,988



625 Oxford Street West, London Ontario

(519) 473-1010 • www.oxforddodge.com

Price and payment in plus HST & license. No Charge Lube, Oil & Filter and Tire Rotations for a period of 3 years from delivery date. Includes up to my Lube, Oil & Filter services (up to 12 for vehicles not equipped with Oil Life Monitor), up to 6 Tire Rotations and an Annual Peace of Mind Inspection.

**small ad
huge prize!**

**you could
win it all!**

**two tickets
to every event at
budweiser gardens
for an entire year**

fm96.com for details



**Budweiser
GARDENS**



JAMES O. POAG JEWELLERS
Established 1959

Horoscopes

Aries

March 21 - April 20

The more you do for friends and work colleagues today, the more they will do for you later on — and you will come out ahead of the game. Is that selfish? Maybe. But it's a higher kind of selfishness.

Taurus

April 21 - May 21

Your task today is to focus all your attention and all your energy in a single direction. Don't let your concentration stray for even a moment. You can achieve something extraordinary, but you've got to be single-minded.

Gemini

May 22 - June 21

Good things are going to happen over the next two or three days. Anything of a creative, romantic or artistic nature is under excellent stars at the moment. So, don't hold back. Give it all you've got.

Cancer

June 22 - July 23

This is the ideal time to let partners and loved ones know how much you care for them. The Sun in the domestic area of your chart makes it easy for you to reveal your innermost thoughts and feelings.

Leo

July 24 - Aug. 23

Get out into the world and have a good time. Meet as many interesting new people as you possibly can. Don't worry about your work. It will still be there waiting for you when you get back — if you get back!

Virgo

Aug. 24 - Sept. 23

You want to buy yourself lots of pretty things, no matter how much they cost. But can you afford it? Don't spend up to your credit limit now and spend the rest of the year living on bread and water.

Libra

Sept. 24 - Oct. 23

Make the most of the opportunities that come your way over the next few days. If you don't, you will hate yourself for being too slow and indecisive. Find the courage to take the kind of risks most people avoid.

Scorpio

Oct. 24 - Nov. 22

You need to decide what is going to be your number one aim — and you need to get after it today and every day until you have reached your ultimate goal. What moves you? What inspires you?

Sagittarius

Nov. 23 - Dec. 21

The more you work with those who share your aims and ideals, the more of a positive effect you will have on the world around you — and the more fun you will have.

Capricorn

Dec. 22 - Jan. 20

You are about to be tested and challenged like never before. Do you have what it takes to confront your inner demons? Do you have the strength to battle them and overcome them? Of course you do.

Aquarius

Jan. 21 - Feb. 19

You have got to stand up for what you believe. Unless you are clear in your own mind what it is that's worth fighting for, you won't be able to persuade others to fight for it too. They need you to lead.

Pisces

Feb. 20 - March 20

There seems to be a lot of deception and trickery going on at the moment, so it will pay you to be on your guard. Anyone who promises you the world for a small investment is either mad or bad — or both.

SALLY BROMPTON

A Range, a City, a Group, a Province

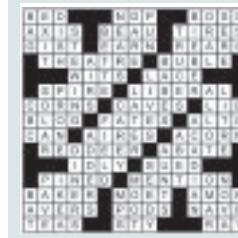
Across

1. Existed
4. Chicken ___ king (2 wds.)
7. By what means
10. African animal whose full name means "river horse"
12. Ship's spar
14. Mentally sound
15. Syrian president Bashar al-___
16. *Free Willy* star
17. French islands
18. They form the Alberta-BC border (2 wds.)
20. Exam
21. Wed. preceder
22. Playful caper
24. PEI city known as "The Birthplace of Confederation"
29. Corrida cheer
30. ___ Vegas
31. Comment made while fanning oneself (2 wds.)
33. Day's coolest temperature
34. "Shame on you!"
35. Parliamentarians, for short
37. 7th Greek letter (looks like an H)
38. "___ circumstances beyond our control ..." (2 wds.)
40. Alumna bio word
41. Small drink of liquor
42. Rock band from Kingston, Ontario, nine of whose albums have reached #1 in Canada; with "The" (2 wds.)
47. Native New Zealander

Down

1. Desire
2. Altar end of church
3. Aggressive ancient Greek city-state
4. Violently frenzied
5. Cowboy ropes
6. Climber's task
7. ___ and hearty: able-bodied
8. Single units
9. BC's Coast
10. Chapeau
11. Smell
13. Delicate discrimination
14. Funny TV series, for short
19. Jail units
23. Response to "Can that be true?" (2 wds.)
24. Influence, as in politics
25. Tree cutter
26. Acorn dropper
27. "___ Was Young": Animals hit (2 wds.)
28. What a dissatisfied diner may leave (2 wds.)
29. Stale
32. Open, as a keg
34. Greek garb
35. *Mad Max* actor Gibson
36. Animal skins
39. Least thrilling
40. Artless simplicity
43. Classical architecture style dating back to ancient Greece
44. Early spring bloomer
45. Workout spots for women, for short
46. Sweatshirt with a top
49. Brings up the rear
50. 4,047 square metres
51. Toronto-born rocker Young
53. Carpet measurement
54. Exaggerated, as a story
55. "That ___ no concern to you": "None of your business" (2 wds.)
56. Satisfied sounds

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



9	3	5	4	8
6	9	1	7	
2	3			
5			4	8 1
7	6	4		2
			9	7
			1	8 3 5
6		7	2	1 4



Read metro your money every Tuesday for financial tips, trends and advice. Only in Metro. News worth sharing.

QuestChat
NORTH AMERICA'S BUSIEST CHAT LINE
FREE TRIAL
519.439.4444
Other Cities 1.888.482.8282
www.questchat.com

LONDON'S Airport

The Power To Surprise!



0 %

FINANCING ON
2013

PAY
FOR
90 DAYS

—ON SELECT MODELS—

**2013
RONDO**



*No payments for 90 days on most 2012 and 2013 models!

**LONDON'S
Airport**
*Come East and
Spend the Least!*



LIKE OUR FACEBOOK PAGE AND FOLLOW
US ON TWITTER @LONDONSARPTKIA

(519)451-5555 • 2284 DUNDAS ST • kialondon.ca